





Promoting Wellness...The DelaWELL Way

In April 2007, the Statewide Benefits Committee launched the new, exciting wellness initiative called DelaWELL, a comprehensive health management program. Thanks to the overwhelming interest and participation of state employees, Year Two of the DelaWELL Program is packed with great benefits and health resources- *free of charge*.

The State of Delaware recognizes the significance of including the entire family on the journey to better health. For this important reason, eligible participants in DelaWELL Year Two includes all full-time state, school district, charter school, higher education employees and pre-65 retirees, as well as spouses and dependents over the age of 18 who are covered under the state group health plan.

The State of Delaware continues its partnership with StayWell Health Management, a Minnesota based company that provides comprehensive health programs and services. The program provides opportunity and inspiration for employees to participate in a healthier life and work-style. Employees who participate in DelaWELL Year Two have access to valuable health information, onsite biometric health screenings for early detection and prevention, and feedback that will assist in their personal health and wellness goals.

What is "DelaWELL" Year Two?

- DelaWELL Year Two is a statewide comprehensive wellness program with exciting new initiatives that began February 14, 2008:
 - **Confidential**, online or paper-based Health Risk Assessment (HRA) (available through May 2008)
 -  ➤ Onsite Biometric Health Screenings to include blood pressure, cholesterol, and glucose testing with review of personal results with a Health Coach (available through May 2008)
 -  ➤ Weight Watchers® offerings to assist employees in their weight management efforts
 - Cardiometabolic testing and intervention available to participants with three or more risk factors. Additional slots made available on a first come first served basis.
 - Personalized Lifestyle & Disease Management Coaching Programs- delivery options include phone based, mail and online programs.
 - Online Health Resources (Health and Safety Education Centers, Self-Care Resources, Wellness Library, Drug Database, Health Quizzes and Calculators, Recipes, Daily Health News, Quarterly Newsletter and Much More)
 - Onsite Health Seminars, Events & Activities
 - Health Education Campaigns/Communications/Incentives
 - Unlimited Access to the StayWell HelpLine (1-800-926-5455)
- DelaWELL is designed to target individuals with modifiable lifestyle health risk factors, focused on long-term behavior change.
- The program will empower employees to live healthy lives while addressing the significant rise in healthcare costs.

The Statewide Wellness Office has many wellness partners whose programs and initiatives complement our mission to bring about awareness, knowledge, and ultimately changes in personal health risk behaviors and overall well-being of employees, in order that the lives of state employees and the welfare of the state as a whole will be significantly improved. The Statewide Wellness Office therefore partners with and helps promote the following programs and initiatives:

- The Lt. Governor's Office "Lt. Governor's Challenge" Program and "Know Your Numbers" Campaign
- The Delaware Center for Health Promotion and the "Be Healthy Delaware" Initiative
- The University of Delaware Employee Wellness Center Programs
- The Delaware Department of Health and Social Services, Division of Public Health programs including but not limited to the Delaware QuitNet and QuitLine programs

If you need more information or have questions, please contact the Statewide Wellness Office at 1-800-556-6106 or e-mail the DelaWELL staff at Employee.Wellness@state.de.us

Visit our website at www.delawell.delaware.gov